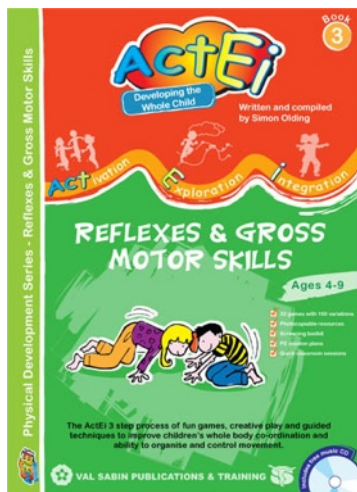




Free Resources from  
[www.achievementinmind.com](http://www.achievementinmind.com)



## Improving Children's... Reflexes



A reflex is an involuntary movement made in response to a stimulus. Primitive reflexes are automatic, primitive movements that help to ensure that a baby can respond to his environment and needs - can survive.

Using combinations of repetitive and complex movements and positive self imaging approaches, the ActEi games in this book aim to improve the ability to organise movement, control of movement, balance, coordination, physical confidence and more...

**Innovative, fun and holistic - a fresh approach to movement education**



The 3 books in the ActEi physical development series help children master basic and fundamental movements leading to improvements in the smooth performance of skill.



The 4 books in the ActEi sensory development series help children develop an awareness of their senses, increasing their ability to process sensations and improve physical performance.



The 2 books in the ActEi personal development series help children attain a greater understanding of themselves and increases their positive self concept and sense of who they are.



# Racing Rescue Crawl



minutes



Individually



track

**Purpose:** Helps to integrate many retained infant reflexes  
**Resources:** Floor space, mats

## Integration Play

- Lying tummy down flat on the floor move forward by moving the opposite leg and arm. Right arm extends forward and the left leg is drawn upwards. Push and pull keeping the body flat to the ground.
- Repeat with the other side.
- Keep the motion going alternating left leg - right arm pull and push, right leg - left arm pull and push. Encourage a smooth, rhythmic coordination.



## Variations

If this is too challenging spend more time on Alligator and Opposite Integration activities.

Have a beat clapped out or banged on a drum. On the beat the body moves.

Stretch out a rope very low down to the floor - no bottoms can touch it.



## Teaching/Observation Points

- Keep the body as flat as possible. Tummy, chest, legs and toes should be on the floor.
- Keep the integrity of the movement - right arm and left leg action etc. to be clearly seen
- Really reach far ahead and pull the body with the hand and push down with the foot.

## Observations

Reflexes sample Game

